

ABSTRACT

A silicon oxide powder represented by the formula:

- 5  $\text{SiO}_x$  wherein  $1.05 \leq x \leq 1.5$  and having a BET specific surface area of 5-300  $\text{m}^2/\text{g}$  is useful as a negative electrode material to construct a lithium ion secondary cell having a high capacity and improved cycle performance.